



**Sept. 7, 2015**

# Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at [www.usagria.army.mil](http://www.usagria.army.mil) under "News" and then "Local News."

**Island Insight Submission:** <https://home.ria.army.mil/sites/ii/ii.cfm>

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## 9/11 Terrorist Attacks, Fallen Remembered on 14th Anniversary at RIA

Navigating by the dim light of dawn, approximately 200 people planted small American flags and walked 3.25 miles here in remembrance of the Sept. 11, 2001, terrorist attacks, Sept. 11. The 9,084 flags, each representing a life lost, were placed in a field near the Rock Island Arsenal 9/11 Memorial across the street from Memorial Field. Exactly 2,997 people tragically lost their lives in the attacks 14 years ago, and 6,827 have died while fighting terror, 27 more since September 2014. During the remembrance ceremony in the afternoon, Brig. Gen. Stephen Farnen, deputy commanding general, U.S. Army Sustainment Command, explained why he thinks it is important to remember the fallen in the War on Terror and thereafter. Farnen is also the commanding general for the Joint Munitions Command, and the U.S. Army Joint Munitions and Lethality Life Cycle Management Command. "We must never forget those who have given their lives -- and we must never lose sight of the cause



## Upcoming Dates

- Sept. 16:** RIAWC Bunco Luncheon, Arsenal Island Clubhouse, 11 a.m. - 1 p.m.
- Sept. 16:** Paintless Dent Repair, Auto Shop
- Sept. 17:** RIA MWR, Commissary & Post Exchange Advisory Council Meeting, Bldg. 90, Rm. 12, 1 p.m.
- Sept. 17:** Constitution Day and Citizenship Day, RIA
- Sept. 18:** National POW/MIA Recognition Day
- Sept. 24:** Newcomers Orientation and Bus Tour, Arsenal Island Clubhouse, 8 a.m.
- Sept. 24:** QC Honor Flight, QC Int. Airport, 5-7 departure; 9:30-10 p.m. arrival
- Sept. 26:** Back to School Bash, School Age Center, Bldg. 150, 5 p.m.
- Sept. 27:** Gold Star Mother's Day
- Sept. 29:** RIA Semi-Annual Employment - Education Event, Heritage Hall, Bldg. 60, 9:30 a.m. - 1 p.m.
- Sept. 29:** Cards for the Troops, Heritage Hall, Bldg. 60, 6:30 p.m.
- Oct. 2:** Join the Fight March Against Domestic Violence, Rodman Avenue, 11 a.m.
- Oct. 2:** RIAWC Night at the Putnam, Putnam Museum, Davenport, 6-10:30 p.m.
- Oct. 4-10:** National Fire Prevention Week - "Hear the Beep Where You Sleep" [🔊](#)
- Oct. 7:** Illowa Bi-State Combined Federal Campaign Kick-off and Charity Fair, 10 a.m., Heritage Hall, Bldg. 60

they died for. It is indeed sad that we have sustained such losses, but it would be sadder still if we chose to abandon the work they began," said Farmen. "To those who gave their all, we owe all that we have in return. To those who did their duty for us, we owe them a duty to finish what they began." ([More](#))

### **M119 Howitzer Still Plays Critical Role for Army**

More than two decades have passed since the first M119 howitzer rolled off the production line at Rock Island Arsenal - Joint Manufacturing and Technology Center, or RIA-JMTC, yet it remains one of the Army's primary direct and indirect fire support assets. This lightweight, air-mobile, towed howitzer has been the workhorse for the Army's infantry brigade combat teams' direct support artillery battalions. Throughout the past 13 years, it has seen extensive use in both Operations Enduring Freedom and Iraqi Freedom, or OEF and OIF. The Army has employed this howitzer in some of the most austere conditions in the world, firing multiple-round, high-angle, high-charge missions on a daily basis in support of combat troops. ([More](#))



### **First Army Welcomes U.S. Forces Command Commanding General**

The new FORSCOM commander came to First Army headquarters in his first 30 days on the job to better understand First Army's mission. First Army's leadership briefed Gen. Robert B. "Abe" Abrams, here on September 2. Lt. Gen. Michael S. Tucker, First Army commanding general, explained First Army's unique mission and footprint. "Sir, our intent is to provide you with an overview of First Army's mission, processes and priorities, including Operation Bold Shift updates," he said. Tucker pointed out the relationship First Army has with the reserve component. ([More](#))



### **RI Arsenal Inside the Gates: Battle of the Rock**

Being pinned on a wrestling mat and fighting to free yourself isn't how a lot of people would volunteer to start their day. But some soldiers wouldn't have it any other way. Behind the doors of the Arsenal's building 67 you will find soldiers hard at work inside the fitness center. But if you get to the gym bright and early, you will get a show of sorts. This is the Modern Combatives Army Program designed to subdue and disable your enemy in the field. And its quite the way to start a day. "Open-handed slaps to the face. Closed fist punches to the body. Some kicks to the body," said Sgt. 1st Class David Stephenson. Sgt. Stephenson an instructor who has reached the highest level. The master level. He shows newer soldiers the ropes as they make their way through the basic and tactical levels. And this type of hands-on training is unparalleled. ([More](#))



### **First Army Hosts Hail and Farewell Ceremony for Deputy Commanding Generals**

First Army Commanding General, Lt. Gen. Michael S. Tucker, said goodbye to outgoing deputy commanding general of operations, Maj. Gen. James K. "Red" Brown, while welcoming Maj. Gen. Charles W. Whittington, Jr., during a ceremony here, Thursday. "To be honest, Red, I'm going to miss your ability to help me energize this complex operation and all your astute advice,

observations, capabilities, and keen National Guard experience gained over many years in service to our great nation," Tucker said. Brown served in his position since June 2014. His next job will be as deputy commanding general for the Army National Guard, U.S. Forces Command at Fort Bragg, North Carolina. Tucker describes Brown's tenure as "significant" in achievements, including planning and execution of the National Guard Commander's Conference earlier this year and developing, planning and conducting the Army's first-ever Multi-echelon Integrated Brigade Training exercise. ([More](#))

### **Quad City Airport Announces Nonstop Flights To Washington D.C.**

A new service was announced at the Quad City International Airport Tuesday morning. Airport officials say nonstop flights to and from Washington D.C. will start in late October. It's been a long time coming and one that Quad City officials think will have far-reaching benefits, especially to those who work with the federal government. U.S. Army Lieutenant General Michael Tucker is stationed at the Rock Island Arsenal and frequently flies to D.C. He says he has missed many meetings at The Pentagon and the U.S. Capitol because of unexpected flight delays through Chicago. Tucker is counting down to October 25th when these nonstop flights will start. "[Delays] turn everything upside down so time is our most precious resource. This is good for all of us. I am so excited," he said. ([More](#))



### **6 Things to Know If the Government Shuts Down**

Congress hasn't been back in session a week, but the rumblings of a possible government shutdown have been steadily emanating from Capitol Hill. At the heart of this most recent of fiscal logjams is whether government will be able to pass a budget that includes funding for Planned Parenthood. Twenty-eight Republican members of Congress have pledged to vote against any budget measure that includes funding for Planned Parenthood after a series of controversial sting videos from the healthcare non-profit emerged over the summer. With funding for the government set to run out on Sept. 30, federal workers may feel like it's 2013 all over again, when a shutdown for shackled the feds for about two weeks. ([More](#))

### **The Time to Dust off Shutdown, Furlough Plans Is Approaching**

With the first partial government shutdown in two years looking more likely, federal agencies may soon have to dust off plans that have lain dormant since then, while federal employees would have to re-learn the facts of furloughs. Shutdown contingency plans are on file for federal entities ranging from the AbilityOne Program to the Woodrow Wilson International Center for Scholars, and covering those large and small in between. Some are agency-wide, while others break down policies to offices as small as several dozen employees. What they have in common is that all of them date to late September 2013, on the eve of the most recent partial shutdown, except for a few that are even older. The Office of Management and Budget in that month had told agencies to update them with a funding lapse pending on the Oct. 1 start of the new budget year. No similar order has been issued this time. ([More](#))

### **Security Passes**

For people with a regular need to enter Rock Island Arsenal, such as the parents of children in the Child Development Center who are not government employees, passes are readily available. Please visit the post Security Office in Bldg. 225 during business hours to allow the staff to conduct a background check and issue a pass. Passes for up to one year are available for those with a regular

verified need to visit the Arsenal. The Visitor Control Center has not opened as anticipated due to staffing and construction issues. The Physical Security Division is issuing badges in Bldg. 225, 2<sup>nd</sup> floor, which is accepting information to conduct NCIC III checks and issue badges for access to Rock Island Arsenal. The hours of operation are 6 a.m. – 2 p.m., Monday through Friday. POC is [Dale Heiser](mailto:Dale.Heiser@usarmy.ria.imcom-central.mbx.usag-access-request@mail.mil), 309-782-0551 or [usarmy.ria.imcom-central.mbx.usag-access-request@mail.mil](mailto:usarmy.ria.imcom-central.mbx.usag-access-request@mail.mil). Additional announcements will identify the opening of the visitor control center. Please address any questions to the above number or email address.

### **VIOS Schedule for October & November, Opportunities Extended to 5 Days**

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Oct. 19, 20, 21, 22, and 23**; and **Nov. 16, 17, 18, 19, and 20**.

Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 90, Basement, Room B11). Priority is: 1. Active Duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - Command Photos will be printed and available digitally. Additional prints can be ordered in VIOS. All scheduled dates can be found on the [RIA VIOS website](#).

### **10<sup>th</sup> Annual Shoes for Veterans Drive**

IowaWORKS – Eastern Iowa's Davenport Center is holding its 10<sup>th</sup> Annual "Shoes for Veterans" Drive **July 1 through Sept. 11** leading up to the bi-annual Quad Cities Bridging the Gap: One Day "Stand Down" for Homeless Veterans. All donations will be distributed to our veterans at the "Bridging the Gap" Quad City Homeless Veterans "Stand Down" **Sept. 17-19** at the Quad City Expo Center in Rock Island. All monetary donations for footwear are tax deductible and will be graciously accepted. Donations of new shoes (or monetary amounts) can be dropped off on Arsenal Island at R.I.A. Federal Credit Union during banking hours, as well as at IowaWORKS – Eastern Iowa, 902 W. Kimberly Road from 8:30 a.m. - 4:30 p.m., Monday-Friday, or can be picked up by veterans representatives [Jennifer Toenjes](#), 563-445-3200 ext. 43348, or [Craig Norris](#), 563-445-3200 ext. 43307.

### **Blood Drives**

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, Sept. 18, 10 a.m. – 3 p.m.** If you would like to donate at this blood drive, feel free to e-mail [SHoegerl@mvrbc.com](mailto:SHoegerl@mvrbc.com) with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119.

**The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).**



### **RIAWC Bunco Luncheon**

Join us Wednesday, **Sept. 16**, 11 a.m. - 1 p.m., at the Arsenal Island Golf Clubhouse for a fun-filled luncheon of dice rolling and fabulous friends. As it is played today, Bunco is a social dice game involving 100 percent luck and no skill. No experience necessary to enjoy this fun game of chance. So bring your friends, your mom, your sister... bring them all. This year you can RSVP by calling or texting 309-230-3705 no later than Friday, **Sept. 11**. If calling or texting doesn't work, just email

[riawcreservations@gmail.com](mailto:riawcreservations@gmail.com) for your reservations today. Meal cost is \$16, \$20 "meal deal" includes opportunity tickets; \$17 if you pay with a debit/credit card; \$21 for the "meal deal" with debit/credit card. We'll also be collecting donations for Cards for Troops items such as double-sided Scotch tape, packing tape, or money for those who want to make a donation; voluntary only.

### **"Stand Down" Bridging the Gap Hosts Event for QC Homeless Veterans**

Bridging The Gap-QCA will be holding a Stand Down for homeless veterans **Sept. 17, 18, & 19**, at the QCCA Expo Center in Rock Island. The purpose of Stand Down is to provide a one-stop-shop for homeless veterans to find homeless services. Thirty-plus Quad-City area agencies are expected to attend the event to offer services to homeless veterans to include food, clothing vouchers, haircuts, VA medical, human services, mental health services, legal aid, VA employment assistance, Social Security, VAC's, Vet Center, and goodwill employment services. "Bridging the Gap" Homeless Veterans Stand Down is more than an assemblage of services. It is a group of volunteers and participants brought together in the spirit of caring and respect to inspire the hope and strength and will of the homeless veteran so each can gather the individual, internal energy and initiative to rebuild his or her life. Iowa Workforce Development "veterans representatives" have ensured that our veterans are well equipped to weather the harsh winter months with winter boots, shoes, coats and clothing donated by residents and businesses of the Quad Cities area and of surrounding communities in Eastern Iowa. The point of contact for the event is [Craig Norris](#), 563-445-3200 ext. 43307.



### **RIA MWR, Commissary & Post Exchange Advisory Council Meeting**

USAG-Rock Island Arsenal will conduct the MWR, Commissary & Post Exchange Advisory Council Meeting on Thursday, **Sept. 17**, 1-2 p.m., in Bldg. 90, 1<sup>st</sup> Floor, in Room 12. Soldiers, Family members and patrons are invited to attend. POC for the meeting is Eric Cramer, Garrison Public Affairs Officer, 309-782-7746.

### **DoD to Observe Constitution Day, Citizenship Day**

The Department of Defense will observe Constitution Day and Citizenship Day, **Sept. 17**, to commemorate the signing of the U.S. Constitution in Philadelphia on that day in 1787. Specifically, Congressional Appropriations Bill H.R. 4818, P.L. 108-447, requires federal agencies to provide new employees with educational and training materials on the U.S. Constitution as part of the new employee orientation materials; and provide all federal agency employees educational and training materials on the Constitution on **Sept. 17**. To assist in celebrating this event, training and educational materials will be provided to all DoD employees to encourage them to hold ceremonies and special programs. The [Web site](#) provides useful information and resources, including an interactive course that helps people learn more about the Constitution and how this landmark document continues to guide this nation. The Deputy Under Secretary of Defense for Civilian Personnel Policy said in 2008 that we have a special obligation to understand and appreciate the Constitution and the role we each play in providing "for the common defense. Observance of Constitution Day and Citizenship Day is one way for each of us to take some time to reflect upon our civic duties, rights and obligations through a renewed appreciation of this document." ([More](#))

### Gathering of Veterans Pow Wow

The Seven Circles Heritage Center is hosting the Inaugural Gathering of Veterans Pow Wow, **Sept. 18-20**, at their center located at 8817 W. Southport Road, in Edwards, Ill. The Gathering of Veterans Pow Wow is an event honoring all veterans past and present with a weekend filled with healing, honoring, and celebrating all our warrior heroes. The event will include Native American singers, dancers, craft vendors, and food. Cost is \$5 per person or \$10 a car full. Save Mother Earth and money and drive together. Seven Circles Heritage Center is a community centered on Native American teachings creating a spiritual gathering place for all people. ([Flyer](#))



### National POW/MIA Recognition Day

The Arsenal Island observance event, in previous years scheduled for the third Friday in September, will not be taking place this year. The third Friday in September, this year **Sept. 18**, remains a national observance. "Fulfilling Our Nation's Promise" is the theme for this year's Recognition Day. Observances of National POW/MIA Recognition Day are held across the country on military installations, ships at sea, state capitols, schools and veterans' facilities. This observance is one of six days throughout the year that Congress has mandated the flying of the National League of Families' POW/MIA flag. The others are Armed Forces Day, Memorial Day, Flag Day, Independence Day and Veterans Day. ([More](#))



### U.S. Navy Seabees' 6<sup>th</sup> Annual Spaghetti Dinner

The U.S. Navy Seabees' 6<sup>th</sup> Annual Spaghetti Dinner, this year commemorating the 50<sup>th</sup> Anniversary of the Vietnam War, will be held on Saturday, **Sept. 19**, at 5 p.m., at American Legion Post 26, 702 W. 35th St., Davenport. The dinner is hosted by U.S. Navy Seabees Veterans of America, Island X-2 Davenport, Vietnam Veterans of America 776, Davenport American Legion Post 26, and Eldridge American Legion Post 639. The cost of the dinner is \$10 and the evening will feature door prizes, raffles and a 50/50 drawing. Proceeds go to the Seabees unit who will donate the money to other organizations. Tickets are available at American Legion Post 26 or by calling [Bruce Cheek](#) at 563-349-4129.



### RIA Retirement & Retreat Ceremony

Rock Island Arsenal Award, Retirement & Retreat Ceremony Maj. Gen. Kevin O'Connell cordially invites you to attend the 4th Quarter FY15 Award, Retirement & Retreat Ceremony in honor of Soldiers completing years of service to our Nation from the Army Sustainment Command, First Army and Joint Munitions Command. The ceremony will be held Thursday, **Sept. 24**, at 2 p.m. in Heritage Hall, Bldg. 60. Uniform for personnel not participating in the ceremony is duty uniform for military and casual for civilian. A sign language interpreter will be available for the hearing impaired.

### 8<sup>th</sup> Annual Cards for the Troops

Please join us on Tuesday, **Sept. 29**, 6:30-9 p.m., at Heritage Hall, Bldg. 60, for the 8<sup>th</sup> Annual Cards for the Troops. Hand-made rubber stamp art cards are created by hundreds of volunteers under the guidance of local stamping artists for our deployed troops to mail home to loved ones. No stamping experience required. To date, 36,000 cards have been sent through Cards for the Troops to our military serving in Afghanistan, Iraq, Africa, and to those aboard our aircraft carriers, the USS Carl Vinson and the USS John C. Stennis. Seating is limited... please RSVP to:

[mssipple1@gmail.com](mailto:mssipple1@gmail.com). Packagers needed also. Adults only (high school and older). There is no charge for this event. Please bring one roll of Scotch double-sided tape – all other materials supplied. See you there. ([More](#))

### **RIAWC Night at the Putnam**

Join the Rock Island Arsenal Welcome Club Friday, **Oct. 2**, 6-10:30 p.m., at the Putnam Museum in Davenport, for an exclusive "Night at the Putnam" commemorating D-Day: Normandy, 1944, the Men Who Gave Everything. Cost is \$35 and dress is business casual. Please RSVP by **Sept. 23** at [riawevents@yahoo.com](mailto:riawevents@yahoo.com) or call 563-343-0244. Heavy appetizers, cash bar will be available. All proceeds to towards RIAWC local scholarships and community support grants. Sponsored by DynCorp International.

### **All Hands For Vets**

Join Papa's Helping Vets and fellow military supporters for the Inaugural All Hands For Vets. AHFV is fundraiser supporting all veterans who serve our country in order to maintain our freedom. All Hands for Vets will be held at CRU Wine Bar (221 Brady St., Davenport) on Saturday, **Oct. 3**, from 2 to 6 p.m. The event will consist of guest veteran bartenders, martini and wine vendors, tasty eats, signature cocktails, a silent auction, and a raffle featuring Quilts for Valor. There will be a \$10 suggested donation. All proceeds will benefit Papa's Helping Vets, Inc. Papa's Helping Vets is a 501(c)3 nonprofit organization established by volunteer veterans and their families, in an endeavor to provide our displaced service men and women the basic means of establishing a home. Doug (Papa) Dee, his wife Jude and our volunteers have been helping veterans and other homeless families, realize a better life, by providing them with everything from bedding to kitchen needs and of course furniture since 2007. These men and women, in the Quad City area, for different reasons, have become homeless. Through partnering with other organizations Papa's Helping Vets, Inc. has been able to help them set up new lives in their dwellings.



### **Illowa Bi-State Combined Federal Campaign Kick-off and Charity Fair**

The Illowa Bi-State Combined Federal Campaign will officially begin here on Rock Island Arsenal with this year's CFC Kick-Off event being held Wednesday, **Oct. 7**, 10 a.m. – 1 p.m., in Heritage Hall, Bldg. 60. Visit with area charities to learn how they serve our community and how CFC impacts them, enter to win a free gift basket, enjoy a bake sale items (proceeds to CFC), munch on free popcorn, and buy your lunch in the cafeteria – walking tacos will be the featured item (proceeds to CFC). The mission of the CFC is to support and to promote philanthropy through a voluntary program that is employee-focused, cost-efficient and effective in providing all federal employees the opportunity to improve the quality of life for all. The charities you support through the CFC focus on people, animals and environments that really need help - including the hungry, homeless, sick, elderly, children and families in need. They may be your relatives, friends, neighbors or co-workers. They may be down the street, across the country or across the globe. CFC is the world's largest and most successful annual workplace charity campaign, with more than 300 CFC campaigns throughout the country and internationally to help to raise millions of dollars each year. Pledges made by federal civilian, postal and military donors during the campaign season support eligible non-profit organizations that provide health and human service benefits throughout the world. The CFC was started in 1961 by President John F.



Kennedy and is the only authorized solicitation of employees in the federal workplace for charitable organizations.

### **Rock Island Arsenal Military Retiree Appreciation Day**

Military retirees from throughout the Quad Cities and beyond are invited to the annual Military Retiree Appreciation Day hosted on Rock Island Arsenal, Saturday, **Oct. 24**, 7:30 a.m. to 1 p.m., in Heritage Hall, Bldg. 60. The annual event for those who retired from military service provides a chance for retirees to receive flu shots and update retiree identification cards. Keynote speaker at this year's event is retired Lt. Col. Shane Ostrom, Deputy Director for Financial Information of the Military Officers Association of America. In addition to these services, retirees can see presentations from the Retirement Services Office; the Veteran's Administration; Honor Flight, Family and Morale, Welfare and Recreation; Delta Dental; Express Scripts; a legislative update from the Military Officers Association of America; Federal Long-term Care Insurance program; numerous other exhibitors including the Voting Assistance Office; the post legal office; Rock Island National Cemetery; and the Rock Island Arsenal Museum, will also be on hand. Please email: [gcmrad@gmail.com](mailto:gcmrad@gmail.com) or call 563-508-5123 to make reservations.

### **Pillars of Honor Coming to Quad-City Area**

The "Pillars of Honor," an original scale model of the World War II Memorial in Washington D.C., will be unveiled during a program honoring veterans and their families on Sunday, **Oct. 25**, at 1 p.m., at the Camden Centre, 2701 1st Street East, in Milan, Ill. The exhibit and event is brought to you by Pillars of Honor, Inc., an Illinois non-profit organization dedicated to honoring WWII veterans unable to travel to Washington D.C. to see their memorial in person. Pillars of Honor brings the memorial to them. You may learn more at

[www.pillarsofhonor.org](http://www.pillarsofhonor.org). This is the original scale model that was used by Senator Bob Dole to present the memorial design to Congress. It was designed by Friedrich St. Florian from Providence, Rhode Island. Pillars of Honor has this model on loan for a limited time before it has to be returned and placed in the Smithsonian. Don't miss this once in a lifetime event. Our WWII veterans now number less than three million. The average age of these veterans is 90 years old and we are losing these valuable souls at an alarming rate of 1,200 each and every day. These veterans are missing out on the opportunity to get first-hand knowledge about their memorial and more importantly receive recognition for their contribution to our nation. This Day of Honor experience gives veterans the opportunity to learn about their memorial, talk with other veterans and reflect upon the sacrifices they and others made during one of the most trying times in the history of the United States. Kindly register your WWII veteran's attendance at your earliest convenience, no later than **Oct. 18** to be included in the souvenir program book. To: 309-235-3170 or Pillars of Honor, Inc, 770 Lee Street, Suite 103, Des Plaines, IL 60016 or call 847-954-0520 or email: [info@pillarsofhonor.org](mailto:info@pillarsofhonor.org) for more information.



### **Congressman Lane Evans Celebration**

The Black Hawk College Foundation will celebrate the life and work of Congressman Lane Evans Tuesday, **Nov. 3**, at 6 p.m., at Lavender Crest Winery on Route 6 in rural Colona, Ill. All proceeds will support Black Hawk College Veterans Resource Center and student scholarships. Tickets are \$50. More information? Call Jessica Malcheff at 309-796-5052.

## Federal Employees Benefits Open Season

The 2015 Federal Benefits Open Season will be **Nov. 9 to Dec. 14**. Open Season is the time of year to ensure that you have the right health, dental, or vision insurance coverage for you and your family. It is also time to consider the money you can save on your out-of-pocket medical and dependent care expenses. During this Open Season, you will be able to enroll in a new plan, change your current plan, or cancel your plan for the following benefits:

- Federal Employees Health Benefits (FEHB)
- Flexible Spending Accounts (FSA)
- Federal Employees Dental and Vision Insurance Program (FEDVIP)

If you wish to keep your existing plan, you do not have to make a new Open Season election. In the past, an annual Health Benefits Fair was held in the month of November here on Rock Island Arsenal; that fair was discontinued. All benefits/retirement questions need to be addressed directly to the Army Benefits Center, which can be reached at <http://ABC.Army.mil>, 877-276-9287, 785-240-2222, DSN 520-2222.

## QC Mallards Annual Military Appreciation Night

Mark your calendars... the Mallards will recognize those who have served in the armed forces with Military Appreciation Night when the team plays on Veteran's Day, Wednesday, **Nov. 11**, at 6 p.m., at the iWireless Center in Moline, against the Anchorage Alaska Aces. Tickets to this Mallards' game will be available to current and former members of the military, their families, reservists, as well as all RIA workforce employees, for just \$5. Details about where to pick up tickets will be forthcoming.



## Fish Fry and More Every Friday

American Legion Post 1233, 312 Broadway Street, Colona, Ill., is having a fish fry every Friday evening from 5 to 8 p.m. Come enjoy a variety of entrees from steak sandwiches, fish and chicken dinners, to sides and hors d'oeuvres; very reasonably priced. Proceeds go to veterans; their families; and other veteran organizations. For more information, call Anna DeFrieze at 309-792-8934. Note: **Oct. 30, Nov. 27, Dec. 25, and Jan. 1**, no food served.

## Arsenal Island Employee Local Discounts

*The following discounts are exclusively available to Arsenal Island employees —* **The Venue:** Located at 1405 5<sup>th</sup> Ave. in Moline, we would like to say thank you to all Rock Island Arsenal personnel – bring in your Arsenal ID/badge on Mondays and receive a 20 percent discount on food and soda (this excludes family feast special). **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18<sup>th</sup> Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3<sup>rd</sup> St., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

# Arsenal Traffic/Construction



## Work on 14th Street Ramp

The ramp from 14th Street Bridge, scheduled for closure through at least **Oct. 23**, could be finished ahead of schedule, according to officials at the Moline Public Works Department. Moline officials said Wednesday that work on the bridge could be finished as early as **Oct. 2**, with minimal rain and no unforeseen, badly deteriorated concrete near the joints that are under maintenance. The contractor has until **Oct. 23** to finish the work. Until the work is complete, traffic leaving the Arsenal via the Moline Gate must exit on to river drive, as the ramp to 14th Street will remain closed.

## Parking Lot Restriping to Occur From August through October

During **August through October** DPW will be restriping parking lots on the installation. This will include improvements for accessible parking near visitor locations as discussed here: • Convert existing visitor parking spaces into accessible spaces in Lot 1R, the courtyard of Bldg. 110. Spaces will serve health clinic patrons. • Convert open parking into two accessible spaces in the NE corner of Lot 1O. Spaces will serve visitors to the ball fields and events in Memorial Park. • Convert open parking in lot 1U into a total of four accessible spaces; two located near the newer accessible playground and two located near the pavilion. Spaces will serve Memorial Field visitors. Striping in other parking lots will be similar to existing. Striping will be done during times when parking lots are typically vacant and cones or warnings will be posted in work areas.

## Building Demolition Notification

The Rock Island Arsenal Garrison began demolition of eight structures on July 27, which will last until Sunday, **Jan. 31**. Buildings 105 and 157 will have temporary fencing with warning signs around the site perimeter during demolition. The other buildings are remote or away from public encroachment and will not be fenced, but signs will be installed warning of the demolition. Demolition of Bldg. 157 is planned for Monday, **Aug. 31**, through Friday, **Oct. 2**; during this building demolition the east section of Parking Lot 1K will be closed. Reserved parking impacted by this project will be relocated as close to the entrance of Bldg. 110 as possible. Specific dates for demolition of other buildings are not known at this time. Pedestrians and drivers should not enter demolition zones and should be vigilant of extra traffic and equipment during demolition.

## Rock Island Viaduct Sidewalk Closed to Pedestrians

"Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents. Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.

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## Building/Space Closures



### Elevator Closures in Bldg. 390

Effective July 27, the U.S. Army Corps of Engineers, Louisville District, took the freight elevator out of service in Bldg. 390. Closure is required to install new upgrades which will allow the elevator to be used as both a freight and passenger elevator. Duration of work is expected to last approximately two months. Upon completion of work, the freight elevator will be placed back into service and the passenger elevator will then be taken out of service to allow for upgrades and modernization. Completion of work on the passenger elevator is expected to be complete by the end of October. ASC Pamphlet 690-2 provides the policies and procedures to be used when the elevators are out of service.

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## Active Duty/Reserve Zone



### Army Emergency Relief Gives Junior Soldiers Direct Access

Army Emergency Relief, or AER, has just made it easier for junior Soldiers to request interest-free loans and grants. Effective Sept. 9, many junior Soldiers will be able to apply for emergency financial assistance without involving their chain of command. The new policy pertains to privates through corporals and specialists, who have completed Initial Entry Training and have a minimum of 12 months service or have completed Advanced Individual Training - whichever comes first. They will no longer be required to request an AER loan or grant by going through their chain of command. Charles Durr, who serves as assistance chief for AER, said the change was brought on because AER feels that first year of service is essential in establishing trust between leader and a service members, and it's a kind of integration period where good financial fitness is being developed. Another reason for the policy shift is because AER has seen about a 35-percent decline over the last six years in the number of active-duty Soldiers seeking assistance, Durr said. During calendar year 2014, AER had 35,000 requests for assistance and disbursed nearly \$46 million to help active-duty Soldiers set up homes, repair autos and take care of expenditures that were unforeseen, he said. ([More](#))

### Nearly 40 Specialties Eligible for Enlistment Bonuses

Several specialties in the field artillery, air defense, communications, military intelligence, medical, supply and electronic maintenance and calibration career fields are eligible for enlistment bonuses of up to \$40,000 under recent changes to the Regular Army enlistment incentives program. The changes primarily are limited to non-prior service applicants who have traditional high school diplomas and who score in the top 50 percent of the armed forces entrance exam. Included among the changes announced in late-August are updated requirements for the Loan Repayment Program, an enlistment option worth up to \$65,000 for top-quality applicants who are paying off college debt. ([More](#))

### **Military Fatherhood Program, Fishing Outing**

Dads and Kids, let's get together Thursday, **Sept. 17**, 5:30-7:30 p.m., for a fishing derby. Join us for an evening of fishing, food and fun. Dinner will be provided along with a special gift for all participants. Please bring a fishing pole if you have one. RSVP to 309-782-3049 or [jennifer.a.kerr10.civ@mail.mil](mailto:jennifer.a.kerr10.civ@mail.mil) (Flyer) ([More info and directions](#))

### **Military Singles & Geo-Bachelors - A Night of Goulishness**

Come all ranks and all branches to the USO of Illinois-Rock Island Military Singles & Geo-Bachelors Night on Wednesday, **Oct. 7**, 5-7 p.m., in the USO spaces, SE wing, Bldg. 110. The October theme for the evening is "A Night of Goulishness" and will featured a menu to include "Eye of Newt" soup (turkey meatball and veggie soup), "Grass from the Tomb" (salad), "Rotten stones" (wheat rolls), and "Worms & Dirt" (dessert).

### **Military 4-H Scrapbooking SPIN Club**

Explore, Engage, Innovate... the world of scrapbooking. Take photos you have and create a scrapbook that will last a lifetime. Each month youth will learn a new scrapbooking technique and create a page. Snacks will be at each meeting. Eligibility includes military youth, ages 12-18. This program will meet every 3<sup>rd</sup> Wednesday of the month, **Feb. 18 to Dec. 16**, 5:30-7 p.m., in the Cassion Room, in Bldg. 60. Cost includes a supply fee of \$20; non-4-H members add a \$20 program fee (fee waivers available upon request). [Register online today!](#) Or for more information call the University of Illinois Extension, Rock Island County 4-H Office at 309-756-9978. University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate call 309-756-9978 at least two weeks in advance.



### **Motorcycle Riding Courses**

The Garrison Safety Office is offering Motorcycle Riding Courses for military personnel. The motorcycle rider training program is certified by the Motorcycle Safety Foundation. The courses are designed to help riders manage their risk and increase their skills through riding and classroom instruction. Per DODI 6055.4, DOD Traffic Safety Program, military personnel who operate motorcycles must be appropriately licensed to operate on public highways and must have successfully completed an approved rider or operator safety course meeting the MSF-based State-approved curriculum. Any military member operating a motorcycle on or off Rock Island Arsenal must be in possession of a MSF card when they ride to verify completion of required training. The motorcycle training courses at RIA are scheduled as follows:

- Military Sport Bike Riding Course: **Sept. 22** (one eight-hour day)
- Basic Motorcycle Riding Course: **Sept. 23-24** (two eight-hour days)

Registration for courses is through the web-based "AIRS" system at <https://imc.army.mil/airs/default.aspx>

Note: Each course is limited to 12 riders. If a minimum number of riders is not realized or if a need for a particular class is greater than the number of classes scheduled, a class may be cancelled or shifted. If the need exists for additional classes or you need further information please contact either

Nancy Carlson or Michael Chaplin via phone extension 309-782-1380 or via email [nancy.l.carlson.civ@mail.mil](mailto:nancy.l.carlson.civ@mail.mil) or [michael.j.chaplin.civ@mail.mil](mailto:michael.j.chaplin.civ@mail.mil), respectfully.

# Equal Employment Opportunity Focus



## RIA Hispanic American Heritage Observance

Rock Island Arsenal First Army and ASC Equal Opportunity is hosting the installation's Hispanic American Heritage Observance on Thursday, **Oct. 7**, in Heritage Hall, Bldg. 60. The event will feature food sampling from 12:30 – 12:55 p.m., with the formal observance starting at 1 p.m. The guest speaker is Jacqueline Camacho-Ruiz, the owner and "Make-it-Happen" Director of JJR Marketing Consultants, a full-service, award-winning marketing and public relations agency in Aurora, Illinois. Camacho-Ruiz speaks to hundreds of audiences nationwide and is described as having a fire about marketing, PR, and life that leaps off the stage. She is the author of "The Little Book of Business Secrets that work!" and "The Fig Factor," "The Fig Factor Journal," "200 Consejos Poderosos para Alcanzar el Exito en los Negocios," contributing author of "Overcoming Mediocrity," a superhero character in the motivational comic book "The Crusaders." A regular print, radio and TV guest, she has been featured on CBS World News, WGN 9, CBS 2, ABC 7, WGN Radio, 560 WIND, Univision TV and radio, Latina Style Magazine, Crain's, among others. Camacho-Ruiz is actively involved in the community through her service on the boards of Publicity Club of Chicago, Junior Achievement- Western Region, community contacts, YWCA, Aurora Hispanic Heritage Board, among others. In addition, the observance will feature a performance by the Glenview Middle School Mariachi Band from Glenview Middle School in East Moline. The band, made up of 23 students, started practicing last fall and first performed in January. Music teacher Rich Clark said the idea was inspired by the East Moline school's demographic make-up. "It just so happens that our district has 30.7 percent Latino population, which is almost a third of the school," said Clark. "If we have that large of a Latino population, we should be doing something within our music program to meet the needs of those students." Mariachi is a form of Mexican folk music that dates back to the 1840s. The genre has proved to be a popular pick among students, who play either guitar, violin or trumpet. The Rock Island Arsenal workforce can sign up in [TEDs](#) using Keyword "RIA Hispanic." For additional information or accommodations please contact Sgt. First Class Jose Vazquez, First Army, EOA, at 309-782-9761 or Sgt. First Class Marion Wilson ASC, EOA, at 309-782-3021.



# Morale, Welfare & Recreation



## Morale, Welfare & Recreation (MWR)

Visit the MWR website at [www.riamwr.com](http://www.riamwr.com) for information on all MWR programs.

### MWR Text Alerts

Grab your mobile phone and text **EZZHV32984 4** to the number **313131** to join our text list and have all the latest and greatest MWR news delivered right to your phone. We'll keep you up to date with all the fun and exciting upcoming MWR events and programs as well as coupons and special offers available only to text alert subscribers. Message and data rates may apply and you can opt out at any time by replying "stop" to **313131**. Check out the flyer for a quick and easy QR code that you can scan with your smartphone to automatically generate the message for you. ([Flyer](#))



### Lunch Service at the Arsenal Island Clubhouse

Has it been a while since you've had lunch at the Golf Clubhouse? If so come back, Tuesday - Friday, 11 a.m. - 1:30 p.m., and give it another try because we've got some exciting new options that are sure to fit your appetite and schedule. Try the daily soup, salad and sandwich buffet featuring a delicious house made soup du jour and fresh baked breads for just \$9/person. Maybe your lunch break is short and you don't have time for a sit down meal, we've got you covered there too. Order a sandwich or burger off the grab and go menu and you'll be out the door in no time. The menu is available here: [www.arsenalislandgolf.com/riagolfclub/assets/Image/Golf-Clubhouse-Grab-Go-Menu%281%29.png](http://www.arsenalislandgolf.com/riagolfclub/assets/Image/Golf-Clubhouse-Grab-Go-Menu%281%29.png)

### Change to Total RX Group Fitness Class Schedule

Beginning on **Sept. 9**, the Total RX Group Fitness Class at the Fitness Center will be held a half hour earlier in the morning from 5:30-6:30 a.m. Call 309-782-6787 for more info on this or any of the other group fitness classes at the Fitness Center, or visit the website at: [www.riamwr.com/community-recreation/fitness-center-adult-sports](http://www.riamwr.com/community-recreation/fitness-center-adult-sports). ([Flyer](#))

### Paintless Dent Repair

Back by popular demand, the paintless dent repair technician will be available for repairs on Wednesday, **Sept. 16**, 9 a.m. - 2 p.m., Auto Skills Shop. If you have small dings, dents and other imperfections in your vehicle it may be possible to have them fixed without the excessive costs of more traditional body work. Call 309-782-8631 for more information and to schedule an appointment. ([Flyer](#))

### Additional Vacuum & Spot Cleaner Now Operational at the Auto Shop

The newest piece of equipment at the Auto Shop Carwash is now operational and ready to get your ride looking clean and great. This combination vacuum and carpet spot remover is just \$1 for five minutes, is available 24/7 and accepts bills and coins.

### **Deadline to Register for Adult Flag Football League**

Get your team together and get registered before Friday, **Sept. 18**, for the upcoming flag football season. Games will be played on Wednesday nights starting on Thursday, **Sept. 24**. Registration packets are available at the Fitness Center. For more info please call 309-782-5124. ([Flyer](#))

### **Quad Cities Marathon Volunteers Needed**

Seeking volunteers for the Quad City Marathon to help with water stations, traffic control, and key locations to assist the runners with course directions. All volunteers will be used on Arsenal Island for this leg of the marathon. Volunteers will receive a free t-shirt. If interested, please contact Desiree Aidala at the Fitness Center, 309-782-6789.

Date: **Sunday, Sept. 27**

Time: **7 a.m. – 1 p.m.**

### **Golf-toberfest & Rocktoberfest**

Play 18 holes with a cart anytime on **Oct. 9** and then afterwards head up to Heritage Hall (Bldg. 60) and pick up your included collectible custom stein, fill it with your favorite beer and get your Bavarian on at our annual Rocktoberfest Celebration. Enjoy a great selection of local craft beers, authentic German Cuisine and the infectious beats of Funktastic Five. Cost is \$40 golfer which includes 18 holes with a cart, a collectible beer stein and your first beer. Call 309-793-1604 for more info and to make tee times, make sure to mention that you want the Golf-toberfest package when making your tee times. Admission to Rocktoberfest is free and commemorative steins can be purchased for \$15 which includes your first beer. ([Golf-toberfest Flyer](#)) ([Rocktoberfest Flyer](#)) ([Rocktoberfest Food Menu](#))

### **Trunk or Treat**

Fall is in the air and that means it's almost time for our annual Trunk or Treat event Wednesday, **Oct. 21**, 3:30-6 p.m., at Memorial Park. Get your little ghouls and goblins dressed in their costumes and get ready for a fun afternoon of Halloween activities including a safe and family friendly trunk or treat, games, activities and prizes including a \$50 Toys R Us gift card courtesy of our sponsor, Rock Island Arsenal Federal Credit Union. Think you have a creative idea for a trunk? Sign up to see if your trunk idea can de-throne the reigning two-time champions JMC and win the best trunk competition. Trophies for 1<sup>st</sup> - 3<sup>rd</sup> place trunks. For more info call 309-782-5969 or 309-782-2828. ([Sign up here](#)) ([Trunk Decorators](#)) ([Flyer](#))



## **MWR Leisure Travel Office**



### **Office Hours**

Monday through Friday, 9 a.m. – 3 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. ([email](#)) ([website](#))

### **Books Are Fun**

Books Are Fun will be visiting the Rock Island Arsenal on Thursday, **Sept. 17** through Friday, **Sept. 18**, 9 - 2 p.m., in Bldg. 60, Heritage Hall. Prices will be 30 percent – 70 percent off retail on books and gifts. Visit them on [www.booksarefun.com](http://www.booksarefun.com).

### **Leisure Travel & Outdoor Recreation Closures**

The Leisure Travel Office and Outdoor Recreation will be closed for mandatory training.

Date: **Wednesday, Oct. 7**

Time: **8:15 a.m. - 12:15 p.m.**

### **Leisure Travel & Outdoor Recreation Closure**

Leisure Travel and Outdoor recreation will be closed from 8:15 a.m. - 1:15 p.m. for mandatory training.

Date: **Wednesday, Oct. 14**

### **COMNAV System Updates**

During this period, Wednesday - Wednesday, **Sept. 16-23**, the system that the Leisure Travel Office uses to purchase Disney World and Universal Tickets is unavailable due to their yearly audit. Please keep this in mind when doing vacation planning and as always please make sure to book your tickets at least three weeks in advance of your travel to allow for processing and shipping. Call the Leisure Travel Office at 309-782-5890 for more info.

### **Waves of Honor**

Waves of Honor SeaWorld Parks & Entertainment - We Salute Veterans! A one-time limited free admission to either Sea World San Diego or San Antonio per veteran service member and up to three guests. Go to [WavesofHonor.com](http://WavesofHonor.com) to register for and obtain your free tickets. \*These tickets must be obtained online only\*

### **Chicago/Schaumburg Attractions**

Experience the best that Chicago has to offer for less with the Top 5 Attraction Pass. This savings pass is your ticket to getting the most out of the must-see attractions in Chicago. Shedd Aquarium, Skydeck Chicago, The Field Museum, Museum of Science and Industry - Chicago, John Hancock Observatory, Adler Planetarium, Art Institute of Chicago. Adult MWR \$83, Gate \$96; Child MWR \$68.50, Gate \$79.

### **Discount Amusement Park Tickets and More at Leisure Travel**

Memorial Day is the unofficial kick off to summer and Leisure Travel has discounts on all kinds of summer activities. Whether you are looking to book a cruise, need help finding a hotel, or just want to ride the rides at Adventureland or Six Flags Great America, Leisure Travel is the place to start. Call 309-782-5890, stop by the office in Bldg. 333 (next to the PX), or [visit our webpage](#) for more info and prices.

### **Disney LIVE! Three Classic Fairy Tales**

Join Mickey, Minnie, Donald and Goofy as they take audiences on a captivating journey and magically bring to life three timeless fairy tale adventures. Discover Snow White as she searches for her one true love; Cinderella getting ready for her magical night at the ball; and Belle, from Beauty and the Beast, as she finds happiness in the most unusual place. Anchored amidst a transforming set, captivating choreography, innovative lighting and breathtaking costumes, this authentically-woven tale of "happily-ever-after" is a heart-warming Disney experience for the entire family. Children One & older need a ticket. Leisure Travel has discounted seats for both performances. Show times at 4 p.m. and 7 p.m. Seats on sale until **Oct. 9**.

Date: **Friday, Oct. 16**

### **Circa 21 Presents: Route 66**

Circa '21's tradition of presenting musicals that feel as comfortable as your favorite sweater, Route 66 is a new romantic comedy featuring a catchy story, with songs and clever down home lyrics that move to the rhythm of America. Leisure Travel has discounted seats on sale until **Oct. 2**.

Date: **Saturday, Oct. 17**

Time: **6 p.m.**

### **Adventureland Ticket Supply Exhausted**

The Leisure Travel Office has sold out of their yearly supply of Adventureland tickets but we still have Six Flags Great America tickets and we also have Six Flags Fright Fest Tickets. Call 309-782-5890 for more info and to reserve your tickets.

### **Davenport Cinemark 53<sup>rd</sup> 18 + IMAX Theatre**

Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53<sup>rd</sup> 18 + IMAX theatre (formally 53<sup>rd</sup> cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.

### **Choice Hotels**

Choice Hotels® offers great hotel rooms at great rates. Find and book your hotel reservation online today for our Best Internet Rate Guarantee! Use Corp ID # 00230540 to get reduced rates.

[www.choicehotels.com](http://www.choicehotels.com)



## **Child, Youth & School Services**



### **Back to School Bash**

Hey 6<sup>th</sup> – 12<sup>th</sup> graders, get all of your friends together Saturday, **Sept. 26**, 5-8 p.m., and get to the School Age Center (Bldg. 150) for our annual back to school bash. Reconnect with friends you didn't see over the summer and make lots of new ones too. There will be free food, air hockey, pool, foosball, Xbox Kinect and lots of prize drawings. RSVP by **Sept. 11** by calling 309-782-1651. See you there. ([Flyer](#))

### **Covenant Cottage Child Development Home**

Covenant Cottage Child Development Home is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call 309-782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.

# Army Community Service



ACS is located in Bldg. 110, 1<sup>st</sup> floor SE; [Visit our ACS website](#) or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here](#). 24/7 Sexual Assault Hotline: **309-229-8412**.

## Discovery Time Playgroup

Come and join us for fun and friendship; Discovery Time Playgroup is a great way to meet new people and learn about the community and its resources, all while having fun with your children; all free to you. The next Discovery Time Playgroup will take place Thursday, **Sept. 19**, 9:30-11:30 a.m., at the Community Christian Fellowship, at 1702 6th Ave., Moline. ([Flyer](#))

## Newcomers Orientation & Bus Tour

Are you new to the Arsenal or do you have new employees or Service Members in your office? Make sure to get them/yourself signed up for our next Newcomer's Orientation and Tour Thursday, **Sept. 24**, 8 a.m. - 12 p.m., at the Arsenal Island Clubhouse. The briefings and info on the tour will include everything a new employee needs to know to successfully transition to the Rock Island Arsenal and the surrounding Quad Cities and make their new home feel like home. This free service includes breakfast and lunch courtesy of our sponsor, Rock Island Arsenal Federal Credit Union. Space is limited so call 309-782-0829 for more info and to reserve your spots. ([Flyer](#))

## Join the Fight March Against Domestic Violence

Line Rodman Ave. and join our march Friday, **Oct. 2**, as we pass by. The march will commence at 11 a.m. and head west on Rodman from Bldg. 110 to the Exchange parking lot. Please join us at the end for closing remarks. Also an additional outdoor grill will be available to purchase food in the parking lot after the march. We are still in need of volunteer road guards for this event so please consider volunteering to man one of the cross streets and then join the march as we pass by. For more info call 309-782-3773. ([Flyer](#))

## Domestic Violence Awareness Month Training Symposium

Join the Victim Advocacy Program Thursday, **Oct. 8**, 8 a.m. - 4 p.m., as we kick off Domestic Violence Month with a proclamation ceremony followed by training sessions designed to help answer some of the hard questions associated with this subject that is sometimes difficult to talk about. Call 309-782-3773 for more info. ([Flyer](#))

# Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1<sup>st</sup> floor; visit our [ASAP/EAP website](#) or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. In addition, [a list of our classes & groups with dates, locations, and times, is located here](#). [Find us on Facebook click here](#).

## Prescription Drug Take-Back Day

More Americans currently abuse prescription drugs than the number of those using cocaine, hallucinogens, and heroin combined, according to the 2009 National Survey on Drug Use and Health. Each day, approximately 2,500 teens use prescription drugs to get high for the first time according to the Partnership for a Drug Free America. Studies show that individuals who abuse prescription drugs often obtain them from family and friends, including from the home medicine cabinet. Also, there has been a drastic increase in the amount of hospital visits due to poisonings from medication for children five and under. In addition, many Americans do not know how to properly dispose of their unused medicine, often flushing them down the toilet or throwing them away which are both potential safety and health hazards. Free your mind from the worry of finding that your old and expired medication is missing. The Army Substance Abuse Program is providing an opportunity to dispose of your unused and expired prescription drugs. On **Sept. 30**, the ASAP and law enforcement will be collecting unused and expired prescription drugs at the following place and time: **Sept. 30**, 6-8:15 a.m. and 2:30-4:45 pm., at the Memorial Field Pavilion. We are unable to accept needles or syringes. For more information about the prescription drug take-back day call the Army Substance Abuse Program at 309-782-4357.



## Suicide Awareness Month – September

Would you know what to do if someone told you they didn't want to live anymore? Each year, almost 30,000 people die by suicide in the US, and seventy percent of those give warning signs or tell someone about it in advance. Friends and family members are often the best resources to prevent suicide. If someone you care about is saying things like: 'Life isn't worth living,' 'I won't be around to deal with that,' or 'I just can't handle it anymore—life is too hard,' seek help immediately. Talking to a friend or loved one about suicide can be scary, but keeping it a secret could lead to tragic results. Suicide is a fatal response to a treatable, and reversible, condition – that condition most often being depression. It is important that you seek help for yourself or for another person if you notice the following: • Feelings of hopelessness about the future; • Acting reckless or engaging in risky activities; • Feeling trapped; like there's no way out; • Increased alcohol or drug use; • Withdrawing from friends, family and society; • Increased anxiety, agitation, inability to sleep or sleeping all the time; • Dramatic mood changes; • Excessive interest, talk, or writings focused on death, dying or suicide; • Believing there is no reason for living; having no sense of purpose in life. Call 9-1-1 or seek immediate help from a mental health or medical provider if you notice the following: • Someone threatening to hurt or kill him/herself, or talking of wanting to hurt or kill him/herself and having a specific plan to carry out the act; • Someone looking for ways to kill

him/herself by either having or seeking access to firearms, available pills, or other lethal means. The Rock Island Arsenal Employee Assistance Program would like to remind you that confidential counseling services are available to you and your immediate family members at no cost. Call 782-4357 to schedule an appointment. If you are experiencing a crisis and need immediate assistance, you can access the National Suicide Prevention Lifeline at 1-800-273-TALK, anytime 24/7.

## Education/Training Review



**The Rock Island Army Education Center is located in Bldg. 56, 1<sup>st</sup> floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. [Please visit our website to learn more.](#)**

### **RIA Army Education Center Commencement Recognition Ceremony**

The Rock Island Arsenal Army Education Center will host the Annual Commencement Recognition Ceremony Wednesday, **Sept. 9**, in Heritage Hall, Bldg. 60. The ceremony begins at 1 p.m. with a reception to follow. Any Soldier who has graduated during FY15 is encouraged to participate. The purpose of the ceremony is to provide an occasion for service members to express pride in their academic accomplishments and for the Department of the Army to acknowledge the same. Please contact the Education Center at 309-782-2065.

### **Army Education Center Closed**

The Rock Island Army Continuing Education Center will be closed 8 a.m. – 2 p.m. on **Sept. 29**. We will be co-hosting our Semi-Annual Employment-Education Event. The event will be located in Bldg. 60, Heritage Hall. Please stop in to see us and visit more than 50 employers, academic institutions and Veterans Service Organizations.

### **Employment-Education Event at Rock Island Arsenal – Sept. 29**

The Directorate of Human Resources, U.S. Army Garrison, will be hosting the Semi-Annual Employment-Education Event on Tuesday, **Sept. 29**, 9:30 a.m. – 1 p.m., in Heritage Hall, Bldg. 60. The target audience is active duty, Reserve, and National Guard Soldiers, Retirees, veterans, and Family members. More than 50 employers, academic institutions and Veterans Service Organizations from throughout the Midwest will be in attendance. Employers may have jobs available in locations nation-wide as well as in the Quad Cities area. Academic institutions will have experts on hand to provide information on programs of study as well as on the GI Bill and scholarship opportunities, for both local and online classes. Veterans Service Organizations will be available to assist with resources, benefit information, and resume development. If you are searching for employment, please come ready; have resumes to hand out and be appropriately dressed. If you would like individual resume or interview training prior to attending this event, and you are an active duty or Retired service member or eligible Family member, you may contact Chris Gegenheimer, Army Community Services, at 309-782-0815, or email [christopher.j.gegenheimer.civ@mail.mil](mailto:christopher.j.gegenheimer.civ@mail.mil). Any questions about the event can be directed to Sharon Lampert, 309-782-7780 or Lafayette Ausborn, 309-782-4799, or email: [usarmy.ria.usag.mbx.hrm-tsm@mail.mil](mailto:usarmy.ria.usag.mbx.hrm-tsm@mail.mil). Do something today that your future self will thank you for.

## Area Schools to Visit RIA

The [Army Continuing Education Systems Rock Island Arsenal](#) is coordinating with Quad-City area schools to have them visit with eligible Ed Center patrons where they will meet with school representatives and learn about educational opportunities in the Quad Cities. These visits will take place in Bldg. 56, Room 121, 10 a.m. – 2 p.m. The schedule for this fiscal year is: • Ashford University, **Sept. 17, Dec. 17, March 17, and June 16**; • Black Hawk College, **Oct. 8, Jan. 14, April 14, and July 14**; • Eastern Iowa Community College, **Oct. 1, Nov. 5, Dec. 3, Jan. 7, Feb. 4, March 3, April 7, May 5, June 2, and July 7**; • Kaplan University, **Nov. 19, Feb. 18, May 19, and Aug. 18**; • Saint Ambrose University, **Oct. 15, Jan. 21, April 21, and July 21**; • Trinity College of Nursing & Health Sciences, **Oct. 29, Jan. 28, April 28, and July 28**; • University of Dubuque, **Nov. 12, Feb. 11, May 26, and Aug. 11**; and • Upper Iowa University, **Sept. 16, Dec. 10, March 10, and June 9**. Meet with school representatives and learn about educational opportunities in the Quad Cities.

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## Defense Commissary Agency / Exchange



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: [www.commissaries.com](http://www.commissaries.com) ([Facebook](#))

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## Arsenal Archive



Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

## This Week in Rock Island Arsenal History – Sept. 7-13

In September 1814, Major Zachary Taylor led an American military expedition to Rock Island to avenge the defeat that Black Hawk's British Band had inflicted on Lt. Campbell's early expedition. Major Taylor's troops were defeated in the Battle of Credit Island, an island just below Rock Island, by British artillery and hostile Indians.

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# Healthbeat



## **Suicide Prevention Starts With You: Learn To Identify, Act on Warning Signs**

Your boss gives you a poor performance review. Your girlfriend says, "That's it. I'm gone." You're afraid your pay won't stretch to cover both your rent and your credit card bill. We have all experienced blows to our self-esteem, problems at work, losses of people important to us and anxiety about how to pay our bills. So if these things are happening to a friend, you can understand how they are feeling. But how do we recognize when that friend is considering suicide? Here are some scenarios that illustrate warning signs and some stressors that might put someone at risk for suicide: Mike was always punctual, safe and careful. These days he is often late to work and has been missing meetings. He's also driving his motorcycle irresponsibly as if it was a game, cutting in and out of traffic. He had set his sights on Ranger school but recently learned he was not accepted. Major changes in behavior and reckless behavior may signal that a person is contemplating suicide. ([More](#))

## **Sleep Issues Bedeviling Soldiers' Health**

"I didn't realize that all this time I've been in a formation of drunks," the noncommissioned officer, or NCO, told Lt. Col. Kate E. Van Arman. The NCO was referring to a quote Van Arman repeated to him from her top boss, Surgeon General of the Army Lt. Gen. Patricia Horoho: "If you have less than six hours of sleep for six days in a row ... you are cognitively impaired as if you had a .08-percent alcohol level. ... We never will allow a Soldier in our formation with a .08-percent alcohol level, but we allow it [sleep deprivation] every day [in Soldiers who have] to make those complex decisions." Adding to what Horoho said, Van Arman pointed out that after being awake 17 hours, response time has been shown to be the equivalent to a person with a blood alcohol content of .05 percent and 24-hours awake translates to a blood alcohol concentration, or BAC, of .10 percent. Van Arman, medical director, Traumatic Brain Injury, or TBI, Clinic on Fort Drum, New York, spoke at the 2015 Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, held at the Defense Health Headquarters in Falls Church, Virginia, Sept. 9. Although her topic was "Sleep Disorders Among Military Mild TBI Patients," much of what she said applies to all Soldiers, whether or not they have TBI. ([More](#))

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# Notes for Veterans



## **40 Years after Vietnam, Blue Water Navy Vets Still Fighting For Agent Orange Compensation**

To the best of his knowledge, Jim Smith never saw or handled Agent Orange on the Navy ship he served on during the Vietnam War. "I never sprayed the stuff, never touched the stuff," said Smith, 65, who lives in Virginia Beach. "I knew later, vets started getting sick from it, but I didn't think it had any impact on me." It turns out, he might have been drinking it. The realization came in 2011 — almost 40 years after his one-year tour aboard the ammunition ship Butte — when Smith was diagnosed with prostate cancer and started doing some research. He learned that he and other so-called Blue Water Navy veterans may have been exposed to Agent Orange and other herbicides

even though most of them never set foot in Vietnam, where the spraying took place. That's because the chemicals, used to kill vegetation and deny enemy cover, could have washed into rivers and out to sea, where patrolling Navy vessels sucked in potentially contaminated water and distilled it for use aboard the ships—a process that would have only concentrated the toxin. Every member of the crew would have been exposed: Distilled water was used in showers, to wash laundry and to prepare food. It was used to make coffee, as well as a sugary beverage known as “bug juice,” which flowed from fountains in the enlisted mess. ([More](#))

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## Around the Q.C.



**Sept. 18-19:** [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)  
**Sept. 19:** [Brew Ha Ha](#) (LeClaire Park, Davenport)  
**Sept. 19-20:** [Riverssance Festival of Fine Arts](#) (Village of East Davenport)  
**Sept. 27:** [Quad Cities Marathon](#) (downtown Moline)  
**Sept. 25-27:** [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)  
**Oct. 3:** [Gigi's Run](#) (Veteran's Memorial Park, Bettendorf)  
**Oct. 4:** [SmokeEater Scramble](#) (Riverdale, Iowa)  
**Oct. 10:** [Trinity Quad Cities Classic Regatta](#) (Mississippi River in Moline)  
**Oct. 11:** [Apple Fest](#) (Downtown LeClaire, Iowa)  
**Oct. 29:** [Fright Night](#) (The District, Rock Island)  
**Oct. 24:** [Lagomarcino's Cocoa Beano 5K Race](#) (Village of East Davenport)  
**Nov. 20-29:** [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)  
**Nov. 21:** [Festival of Trees Parade](#) (Downtown Davenport)  
**Nov. 21:** [Lighting on the John Deere Commons](#) (Downtown Moline)  
**Dec. 4-6:** [Heartland Emergency Response Conference Expo](#) (QCCA)

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## Island Insight



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